



2010 Youth Swim Lessons at Ortega Park & Los Baños Pools

Level 1: Introduction to Water Skills Ages 4-7

Helps students to feel comfortable in the water and enjoy water safety.

ORTEGA PARK POOL: Level 1 Pre-Season

Code	Dates	Hours
13791	6/1-6/11	4:00-4:30pm
13792	6/1-6/11	4:40-5:10pm
13793	6/1-6/11	5:20-5:50pm

Level 1 Summer

13794	6/14-6/25	10:00-10:30am
13795	6/14-6/25	10:40-11:10am
13796	6/14-6/25	11:20-11:50am
13797	6/14-6/25	3:25-3:55pm
13798	6/14-6/25	4:05-4:35pm
13799	6/14-6/25	4:45-5:15pm
13800	6/28-7/9	10:00-10:30am
13801	6/28-7/9	10:40-11:10am
13802	6/28-7/9	11:20-11:50am
13803	6/28-7/9	3:25-3:55pm
13804	6/28-7/9	4:05-4:35pm
13805	6/28-7/9	4:45-5:15pm
13806	7/12-7/23	10:00-10:30am
13807	7/12-7/23	10:40-11:10am
13808	7/12-7/23	11:20-11:50am
13809	7/12-7/23	3:25-3:55pm
13810	7/12-7/23	4:05-4:35pm
13812	7/12-7/23	4:45-5:15pm
13814	7/26-8/6	10:00-10:30am
13816	7/26-8/6	10:40-11:10am
13817	7/26-8/6	11:20-11:50am
13818	7/26-8/6	3:25-3:55pm
13820	7/26-8/6	4:05-4:35pm
13822	7/26-8/6	4:45-5:15pm
13824	8/9-8/20	10:00-10:30am
13826	8/9-8/20	10:40-11:10am
13828	8/9-8/20	11:20-11:50am
13830	8/9-8/20	3:25-3:55pm
13832	8/9-8/20	4:05-4:35pm
13834	8/9-8/20	4:45-5:15pm

Level 2: Fundamental Aquatic Skills Ages 4-7

Prerequisites: 1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim.")

2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

ORTEGA PARK POOL: Level 2 Pre-Season

Code	Dates	Hours
13811	6/1-6/12	4:00-4:30pm
13813	6/1-6/12	4:40-5:10pm
13815	6/1-6/12	5:20-5:50pm

Level 2 Summer

13819	6/14-6/25	10:00-10:30am
13821	6/14-6/25	10:40-11:10am
13823	6/14-6/25	11:20-11:50am
13825	6/14-6/25	3:25-3:55pm
13827	6/14-6/25	4:05-4:35pm
13829	6/14-6/25	4:45-5:15pm
13831	6/28-7/9	10:00-10:30am
13833	6/28-7/9	10:40-11:10am
13835	6/28-7/9	11:20-11:50am
13836	6/28-7/9	3:25-3:55pm
13837	6/28-7/9	4:05-4:35pm
13838	6/28-7/9	4:45-5:15pm
13839	7/12-7/23	10:00-10:30am
13840	7/12-7/23	10:40-11:10am
13841	7/12-7/23	11:20-11:50am
13843	7/12-7/23	3:25-3:55pm
13845	7/12-7/23	4:05-4:35pm
13847	7/12-7/23	4:45-5:15pm
13848	7/26-8/6	10:00-10:30am
13849	7/26-8/6	10:40-11:10am
13850	7/26-8/6	11:20-11:50am
13851	7/26-8/6	3:25-3:55pm
13852	7/26-8/6	4:05-4:35pm
13853	7/26-8/6	4:45-5:15pm
13854	8/9-8/20	10:00-10:30am
13855	8/9-8/20	10:40-11:10am
13856	8/9-8/20	11:20-11:50am
13857	8/9-8/20	3:25-3:55pm
13858	8/9-8/20	4:05-4:35pm
13859	8/9-8/20	4:45-5:15pm

Our American Red Cross-based swim programs for children 6 months to 12 years incorporate the development of basic swim techniques, vital water safety skills and, most importantly, how to have fun in an aquatic environment.

Pool locations: Ortega Park Pool, 600 N. Salsipuedes Street. Los Baños Pool, 601 Shoreline Drive.

Fees: \$59/\$54 with Resident Discount. \$58/\$53 for 6/28-7/9 session (no class 7/5 session)

To register: Online at www.sbparksandrecreation.com or call 966-6110.

Information: 966-6110

Tiny Tots: 6 mos-3 years

Parent and child aquatics build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

ORTEGA PARK POOL: Tiny Tots

Code	Dates	Hours
13866	6/14-6/25	5:25-5:55pm
13868	6/28-7/9	5:25-5:55pm
13870	7/12-7/23	5:25-5:55pm
13872	7/26-8/6	5:25-5:55pm
13874	8/9-8/20	5:25-5:55pm

NEW! SATURDAY CLASS— SWIM, STAY & PLAY

30 min lessons/30 min recreation

13925	Sat 6/19-7/17	11am-12noon
13926	Sat 7/24-8/21	11am-12noon

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Please see other side for more lessons.



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Level 3:Stroke Development Ages 4-7

Prerequisites: 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position. 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

ORTEGA PARK POOL: Level 3 Pre-Season

Code	Dates	Hours
13842	6/1-6/12	4:00-4:30pm
13844	6/1-6/12	4:40-5:10pm
13846	6/1-6/12	5:20-5:50pm

Level 3 Summer

13895	6/14-6/25	10:00-10:30am
13896	6/14-6/25	10:40-11:10am
13897	6/14-6/25	11:20-11:50am
13898	6/14-6/25	3:25-3:55pm
13899	6/14-6/25	4:05-4:35pm
13900	6/14-6/25	4:45-5:15pm
13901	6/28-7/9	10:00-10:30am
13902	6/28-7/9	10:40-11:10am
13903	6/28-7/9	11:20-11:50am
13904	6/28-7/9	3:25-3:55pm
13905	6/28-7/9	4:05-4:35pm
13906	6/28-7/9	4:45-5:15pm
13907	7/12-7/23	10:00-10:30am
13908	7/12-7/23	10:40-11:10am
13909	7/12-7/23	11:20-11:50am
13910	7/12-7/23	3:25-3:55pm
13911	7/12-7/23	4:05-4:35pm
13912	7/12-7/23	4:45-5:15pm
13913	7/26-8/6	10:00-10:30am
13914	7/26-8/6	10:40-11:10am
13915	7/26-8/6	11:20-11:50am
13916	7/26-8/6	3:25-3:55pm
13917	7/26-8/6	4:05-4:35pm
13918	7/26-8/6	4:45-5:15pm
13919	8/9-8/20	10:00-10:30am
13920	8/9-8/20	10:40-11:10am
13921	8/9-8/20	11:20-11:50am
13922	8/9-8/20	3:25-3:55pm
13923	8/9-8/20	4:05-4:35pm
13924	8/9-8/20	4:45-5:15pm

Santa Barbara Swim Club Ages 5-18

Improve technique and develop new friendships and team camaraderie with the opportunity to compete. Call 966-9757 to schedule with coaches or www.sbswim.org

Private Swim Lessons 3 years to adult

One-on-one instruction specifically geared to your particular needs. Call 966-6110 to arrange lesson sessions.

Fee: \$110/\$100 for eight 15-minute lessons

Where: Ortega Park Pool

When: Monday-Friday, 12noon-1pm,
Saturday, 10-11am or 4-5pm

**For all swim program
information,
call 966-6110**

Recreational Swimming

Swim for fun and stay cool while playing under the watchful eyes of the City lifeguard staff. Children must wear bathing suits. Children not potty-trained must wear approved swim diapers. All children under the age of 7 years must be accompanied by a parent or responsible person 18 years or older. Information: 966-6110.

FREE SWIM (Age 7 & under)

Oak Park Wading Pool

300 W. Alamar Avenue
From July 1-August 20
Weekdays 12noon-5pm
Weekends 11am-5pm

FREE SWIM (Age 13 & under)

Ortega Park Pool

600 N. Salsipuedes Street
From July 1-August 20
Weekdays 1:30-3pm

PAID SWIM (All ages)

Los Baños del Mar Pool

401 Shoreline Drive
Fee: Child \$1/Adult \$4
From June 14-August 20
Mon-Sat, 2:15-3:45pm
Pool closed for swim meets on
June 19, July 2-4, & July 10.

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